



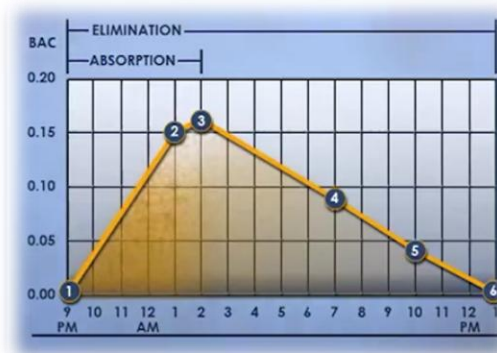
The Safety Chain

January 2020

Kentucky Wing CAP
Lt Col Keith W. Noe, CAP

Winter has finally arrived (I think). Temperatures are like a roller coaster going through highs and lows like never before. The cold and flu season is upon us and I certainly hope everyone has gotten their annual flu shot. My brother-in-law did not get a flu shot, he told his sister, "I have never had the flu, therefore I don't need a flu shot." There is always a first time and this time he spent about a week under the weather. Even if you have never gotten the flu, the flu shot not only helps protect you, but others as well, especially children and the elderly.

There are those of us who will tough it out and use over-the-counter medication. Some of these medications have alcohol. So, what I want to discuss this time around is alcohol, the kind we find in adult drinks and in OTC medications. The chart below depicts the absorption of alcohol beginning at 7 PM with the first drink and the last drink at 1 AM. Alcohol is not immediately absorbed into the bloodstream. Absorption peaks about one hour later. Since there has been no drinking after 1 AM we can see how the Blood Alcohol Concentration (BAC) keeps lowering at a constant rate. By 7 AM a



person's BAC is 0.08%. This is the legal limit of being intoxicated in all 50 states. So let's take a look at some questions for you to answer. Is this person ready to participate in daily activities? How about at 8 AM or 9 AM? Would taking a cold shower or drinking lots of strong black coffee make a difference? What is a safe amount of alcohol in a person's bloodstream?

Usually we associate alcohol with beer, wine and whiskey. But, did you know that Contact Nighttime cold medicine and Vick's Nyquil, both have a 25% alcohol content. There are other medications such as vitamins which has alcohol such as Geritonic Liquid which has a content of 20% alcohol.

For a list of medications with and without alcohol you can follow this link:

https://www.mssny.org/App_Themes/MSSNY/pdf/AlcoholContent.pdf

Use the **IMSAFE** checklist. Three of the letters, **I** for Illness, **M** for medication and **A** for alcohol gives you three reasons for not participating. On the other hand, there are cold medications that do not contain alcohol which you may want to consider using.

As a reminder, all Kentucky wing units have until January 31 to complete the annual Safety and Risk Management day. All materials are located at:

<https://www.gocivilairpatrol.com/members/cap-national-hq/safety/annual-safety-risk-management-day--2020>

The embedded video located in the first PowerPoint usually will not work during the PowerPoint presentation. I recommend that you use the link located on the website.

If you need help working with the video I have converted it to a different format and I can email it to you.

Semper Vigilans